

## Claims

- 5 1. A process for the preparation of a nutritive preparation based on vegetable matter or a vegetarian nutritive preparation, **characterized in that** textured soy protein, psyllium, liquid and optional ingredient/s are turned into a mixture by mixing and heating the mixture at an elevated temperature, then pieces of desired shapes are formed from the mixture and they are fried by heat.
- 10 2. A process according to claim 1, **characterized in that** textured soy protein, preferably concentrate flakes, optional non-animal broth concentrate and other optional ingredient/s are mixed with water and the mixture is heated at a temperature of 70-100°C, then the optional flour and  
15 psyllium powder is added, and pieces of desired shape are prepared from the substance and they are fried.
- 20 3. A process according to claim 1 or 2, **characterized in that** the optional ingredients are selected from flours, spices, herbs, non-animal broth concentrates and edible oils and fats.
- 25 4. A process according to any one of claims 1 - 3, **characterized in that** the flour is selected from soy flour, maize flour, corn flour, leguminous fibre powder and potato flour and preferably the flour is soy flour, the fat content of which is 10-40%, and the non-animal broth concentrate is  
30 vegetable, mushroom or herb broth concentrate.
5. A process according to any one of claims 1 - 4, **characterized in that** 60-85wt% of liquid, 10-30wt% of textured soy protein, 0.5-20wt% of psyllium and optionally 0.5-25wt% of flour/s, 0.5-25wt% of non-animal  
broth concentrate and 0.1-5wt% of spice/s and/or herb/s are used.

6. A process according to any one of claims 1 - 5, **characterized in that** 70-80wt% of liquid, 17-23wt% of textured soy protein, 1-5wt% of psyllium and optionally 2-18wt% of flour/s, 1-4wt% of non-animal broth concentrate and 0.3-2wt% of spice/s and/or herb/s are used.
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7. A process according to any one of claims 1 - 6, **characterized in that** the nutritive preparation based on vegetable matter or a vegetarian nutritive preparation is a vegetable cutlet, ball, nugget, loave, kebab and the like.
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8. A nutritive preparation based on vegetable matter or a vegetarian nutritive preparation, **characterized in that** it comprises textured soy protein, preferably textured soy protein concentrate as flakes, psyllium, preferably psyllium powder, and liquid, preferably water and optional ingredients selected from flours, spices, herbs, non-animal broth concentrates and
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- edible oils and fats.
9. A nutritive preparation based on vegetable matter or a vegetarian nutritive preparation according to claim 8, **characterized in that** the psyllium powder is psyllium husk powder, the flour is selected from soy flour, maize flour, corn flour, leguminous fibre powder and potato flour,
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- preferably the flour is soy flour, the fat content of which is 10-40%, and the non-animal broth concentrate is vegetable, mushroom or herb broth concentrate.
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10. A nutritive preparation based on vegetable matter or a vegetarian nutritive preparation according to claim 8 or 9, **characterized in that** the vegetarian nutritive preparation is a vegetable cutlet, ball, nugget, loave or kebab or the like.
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